

# BARSTOW LOG

SERVING MCLB DURING TRANSITION AND CHANGE

Vol. 5, No. 30

Marine Corps Logistics Base Barstow, California

June 7, 2001

## Marines stick together

Washington recruiter spends time with former Marine and Korean war veteran.

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## DEFY

Drug Education for Youth begins June 18. Volunteers are needed to lead kids to healthy, drug-free lifestyles.

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## Desert Challenge

Battalion CO and Semper Fit whip up a tasty little test of will, skill and thrill for Marines.

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## Beautiful cars

MCB artisans turn mechanical artists as they show off their prized work in annual car, bike show.

Pages 8-9

Check out the new Marine Corps homepage.

<http://www.usmc.mil>



<http://www.barstow.usmc.mil>

# PMO foils bank robbers' escape

By Gunnery Sgt. Frank Patterson  
Public Affairs Chief

Marines from the Provost Marshal's Office here captured three local bank robbery suspects during a routine traffic stop Monday afternoon.

The suspects were wanted in connection with the robbery of the Bank of America at 524 East Main Street in Barstow.

After receiving a description of the suspects' vehicle, the Barstow Police Department put out an All-Points Bulletin that was received by the Provost Marshal's Office.

"An eyewitness said the vehicle had military I.D. tags," said Sgt. Mike Hunter, Barstow Police Department spokesman. "The description was really good."

Sergeant James E. Soules was on

patrol when he was notified of the APB.

"They called in and stated the vehicle was a silver Z-71 Chevy truck with yellow decals from Fort Irwin, so it really stood out," said Soules. "The gates were informed that if the vehicle came here to allow it aboard as though nothing had happened. This way we could perform a felony traffic stop in an area of our choosing away from any bystanders."

"Around 11:30 a.m. Lance Cpl. Evan Catron informed the desk sergeant that a truck matching the description of the suspect vehicle had come through his gate and was heading down Boll Avenue," said Soules. I was coming down Iwo Jima going northbound when the truck passed me going south.

"I turned around, came up adja-

cent to the fire training tower, turned my lights on and pulled him over then waited for my back-up."

When Cpl. Forest Hill arrived, the two marines conducted a textbook felony traffic stop.

"My adrenaline was really pumping," said Soules. "I mean, it's one thing to do a simulation, but to actually draw down on a suspect with loaded weapons, and remembering all of my training to keep from screwing it up - I was pretty pumped."

The Marines then called for the Barstow Police Department who arrived in about two minutes.

"One BPD detective, Leo Griego examined the suspects' vehicle and found a bunch of money in a backpack in the truck. I didn't know how much was there, but I saw just wads of money - it was alot."

During the subsequent investigation, the detectives discovered the suspects were Army soldiers assigned to an Army aviation unit at Barstow-Daggett Airport.

Military policemen and detectives went to the soldiers' residences here where more evidence of the crime was located including the wife of one of the suspects who is believed to be involved in the actual robbery.

Army Sgt. Matthew Addis, and his wife, Nucharat, and Pvt. Robert Ross were all arrested for armed robbery, kidnapping, burglary, and car jacking, according to Hunter. Bail was set at \$100,000 per suspect.

A fourth suspect, Army Pvt. Jesus Madrid, was released when it was determined there was not sufficient evidence that he was involved with the robbery.

## Base watering policy takes effect for summer months

By Sgt. Brian Davidson  
Press Chief

As the warmer months approach, MCLB Barstow is scaling back its water consumption to keep in step with the High Desert communities and to save vital tax dollars.

Family Housing residents are asked to do their part by adhering to the Base Watering Policy governing lawn care and water consumption in the sector of the base that expends the most water. The policy goes into effect June 1 each year and continues until the winter approaches.

Base Order 11330.B outlines the policy. "Potential water shortages and escalating costs for base water consumption from local utilities providers necessitates that the base have a policy for water conservation. Base organizations and residents of family housing share an equal responsibility with the civilian community for practicing sound water conservation measures," states Base Order 11330.B.

The Southern California Water Company introduced a flat rate increase that affects all customers in Region III, which also includes parts of Orange County, Apple Valley and Victorville.

Creating an oasis in the desert for base housing residents requires a concerted effort between residents and the command to conserve water and cost. The watering policy is the primary tool in managing the effort, but

many residents fail to abide by the guidelines making it a costly endeavor, especially under SCWC's new rate structure that went into effect last spring.

"According to our projections from cost comparisons, the command will spend an additional \$27,000 for water with the new rates," said Larry Emmons, base energy manager.

According to Master Sgt. David Vanhovel, former assistant base inspector, some residents act in accordance with the policy, some choose not to, and many of the residents are unfamiliar with it. All housing residents are given a copy of the order when they receive government quarters.

"Maybe not everyone is aware of how important the guidelines are to the base community," Vanhovel said of the violations he recorded while touring housing.

Improper lawn care and oversized wading pools are two of the major culprits of poor water conservation on base. Because of last years price increases, the average resident's water bill increased by nearly \$10 a month depending on water consumption.

"There are a lot of residents living in housing. Multiply that increase by everyone in housing - with poor water use and conservation and it's a staggering amount of money," said Vanhovel.

The Yermo Annex gets and treats its own

## VITA program surpasses goals

By Cpl. Joshua Barnhardt  
BARSTOW LOG staff

The Volunteer Income Tax Association wrapped up this year's tax season with an awards ceremony in the Commanding Officer's Conference Room May 31.

Awards were given to this year's volunteers by Col. Mark A. Costa, base commander. There were eight active duty Marines and four civilian volunteers filing taxes for active duty military, retirees, and their family members this year.

"It is a cycle where volunteers helping other people out will create volunteers in the future," said Costa.

The goals set before VITA by the Commandant of the Marine Corps were not only met, but greatly exceeded.

General James L. Jones, Commandant, wanted VITA to file taxes for 132 active duty Marines this year. VITA filed for 186 Marines for a 141 percent efficiency rate.

Thirteen VITA representatives went through Internal Revenue Service and state tax training. In addition, two civilians and two Marines completed 72 hours of H&R Block training.

For the 2000 tax season, VITA representatives on base filed 284 electronic federal returns. They also filed 196 electronic claims for the state of California.

VITA prepared 52 federal returns by paper, and 87 paper returns to various states.

The main clients of VITA's services were privates to

See WATERING Page 11

See VITA Page 5



# Marines show Esprit de Corps to veteran

By Tre' Barron as transcribed by  
Capt. Steve A. Butler, HQMC DivPA

My dad, Angelo Turchie, was in the hospital in Tacoma, Washington having his third knee-replacement surgery. He was a former Marine and a veteran of the Korean War.

A long and very painful operation was going to be made even worse because Dad was going through it alone. There was no one to hold his hand, no familiar soft voices to reassure him. His wife was ill and unable to accompany him or even visit during his week long stay.

My sisters and brother lived in California, and I lived even further in Indiana. There wasn't even anyone to drive him to the hospital, so he arrived that morning by cab. The thought of my dad lying there alone was more than I could stand.

But what could I do from here?

I picked up the phone and asked information for the Puyallup, Washington Marine Corps Recruiting Station, where I had joined the Marines ten years before. I thought that if I could talk to a Marine and explain the situation, maybe one of them would visit my dad. I called the number and a man answered the phone and in a very confident voice said, "United States Marines, Sgt Van-Es. May I

help you?"

Feeling just as certain, I replied, "Sgt Van-Es, you may find this request a little strange, but this is why I am calling" – I proceeded to tell him who I was, and that my father was also a former Marine and 100 percent disabled from the Korean War. I explained that he was in the hospital, alone without anyone to visit and asked if he would please go and see him.

Without hesitation, he answered, "Absolutely."

Then I asked, "If I send flowers and a card to the recruiting station, would you deliver them to my dad when you go to the hospital?" "Ma'am, I will be happy to take them to your dad. Here is my address. I will make sure that he receives them," he replied.

The next morning I sent the flowers and card to Sgt. Van-Es' office as we had planned. I went to work, and that evening I returned home and phoned my dad to inquire about his surprise visitor. If you have ever talked to a small child after that child has just seen Santa Claus, you will understand the glee that I heard in my dad's voice. "I was just waking up when I thought I saw two Marines in their dress blue uniforms standing at the foot of my bed," he told me excitedly. "I thought I had died and gone to heaven. But they were really there."

I began to laugh, partly at his excitement, but also because he didn't even mention his operation. He felt so honored: Two Marines he had never met took time out to visit an old Marine like him. He told me again and again how sharp they looked, and how all the nurses thought he was so important.

"But how did you ever get them to do that?" he asked.

"It was easy. We are all Marines, Dad, past and present; it's the bond."

After hanging up, I called Sgt. Van-Es to thank him for visiting my dad and for the extra things he did to make it special: wearing his dress blue uniform, bringing another Marine along – he even took a digital camera with him. He had pictures taken of the two Marines with my dad, right beside his bed. That evening he e-mailed them to me so I could see for myself that my dad was not alone and that he was going to be OK.

As for the flowers, they hardly mattered, but I was glad for the opportunity to express my feelings.

The card read, "I didn't want just anyone bringing you flowers – so I sent the World's Finest. Semper Fi."

Sergeant Derek Van-Es of Tacoma, Washington is the NCOIC at RSS Puyallup,



Washington, 12th MCD.

Angelo Turchie joined the Marines in 1948 and was attached to 1st Marines 5th Marine Division as a 0311. He was present during the Inchon Landing and wounded in Seoul, Korea on September 25, 1950. He was honorably discharged at the rank of Sergeant on July 3, 1952.

Tre' Barron joined the Marines in 1988. She was attached to BSSG-1, Marine Corps Air Station Kaneohe, Hawaii, as an 0121 and honorably discharged on November 23, 1990.

## Backward and Forward

By Lt. Cmdr. Elmon R. Krupnik  
Base Chaplain



I was home a week ago to attend my daughter's high school graduation. It was a joyous day and a sad day. I was so glad to see her graduate. She walked with confidence and

freedom across the stage to receive her diploma.

During these times one looks backward and forward about a life with someone and what that person means to you. Of course, reality comes back very quickly. However, during that time of reflection I remembered certain events of my daughter growing up and becoming a young lady. All of the effort, concern, and worry were worth it.

The reflection was not idealistic but I realized the value of the relationship that I have with my daughter and I hope that she values the relationship with her dad.

Each and every one of us has value with God the Father. At this point we have not graduated. We are still in school, learning as we go, until one day we graduate to eternal life. The journey through the school of life at times seems like a never-ending process. We ask at times, "Are we there yet?" The answer, of course, is "No, not yet."

The life we live at times seems to be a mystery. How I made it through 18 years with my daughter is a mystery. Time goes by so fast when you look back on it. In the same way, the relationship that we have with God is a mystery at times. In Ephesians 3, Paul talks about the mystery of the Gospel and how the purpose for all is to be able to approach God with freedom and confidence. That freedom and confidence comes from believing and having faith in God.

Let us live our lives with that freedom and confidence in the Gospel, and keep striving in our faith until graduation day.

Blessings to all,  
Chaplain Krupnik

## Just doing my job ...



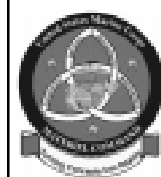
Photo by Cpl. Joshua Barnhardt

During training by the Provost Marshal's Office, Sgt. David J. Meeden is sprayed with OC Pepper Spray. The training consisted of being sprayed and then navigating an obstacle course. The course made the military policeman perform knee jabs, punches and elbows, use a baton, and protect himself from blows to the body. Military policemen must go through the training in order to carry and use OC Pepper Spray.

## Chapel Services

Protestant Sun. 8:30 a.m.  
Mass Sun. 10:30 a.m.

Confession services  
before Mass



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## NEWS BRIEFS

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon, Friday for the next issue. Submit news briefs via e-mail to [editor@barstow.usmc.mil](mailto:editor@barstow.usmc.mil).

### Iwo Jima TV Special

Heroes of Iwo Jima, from Oscar and Emmy-winning producer Arnold Shapiro premieres on A&E Father's Day, June 17.

It is hosted by Academy Award winner and former Marine Gene Hackman. The documentary explores not only the picture of the flag raising on Mount Surabachi, which is the most famous and often-reproduced military image in the history of photography, but the truth about what really happened.

The show airs from 9 to 11 p.m. Pacific Time.

### Base Pools Open

The Oasis Club and the Family pools opened May 25. The pools are open to all authorized patrons, active duty military and their family members and military retirees and their family members.

The pools are open Tuesdays-Sundays, 11 a.m. to 1 p.m. for lap swimming and from 1 to 7 p.m. for recreational swimming.

For more info call Semper Fit, 577-6971.

### Pet Registration

A reminder to pet owners aboard MCLB: pets, just like vehicles, should be registered at the Vehicle Registration Office in Bldg. 36.

If a pet is not registered and is picked up as a stray aboard the base, the pet will be taken to the Humane Society.

Under Humane Society procedures, if the animal is not adopted immediately it will be put to sleep.

For more information call Gunnery Sgt. David Pooler, 577-6457.

### Quarters of the Month

Pull out the hedge clippers and the lawn mower, your fertilizers and pruning scissors, because the Housing Office has begun its Quarters of the Month program again, with the selection process beginning at the end of this month.

Criteria for winning the award is based on how well residents keep their lawns and yard.

Awards in the Desert View housing area are given to the best-kept quarters of the officers and warrant officers; to the best-kept residence of staff noncommissioned officers; and to the best-kept quarters of sergeants and below.

All ranks compete for one award in the Eniwetok housing area.

For Quarters of the Month winners, there are gifts from several merchants.

For more information call David Madrid, 577-6872.

### JROTC Instructors needed

The Department of Defense is seeking military men and women to instruct high school Junior Reserve Officer Training Corps students.

According to the American Forces Press Service, Pentagon officials estimate there will be about 1,200 openings over the next three years. By 2005, the program will employ about 7,000 instructors.

Retired active duty officers and enlisted personnel are eligible to apply. There are no age limits. Processing time may take from six months to a year, and people may apply while they are still on active duty.

The service secretaries can hire O-4s to O-10s and E-6s to E-9s. Sometimes they take retired E-5s.

Each service has about a seven- to 10-day instructor training program. Once trained and certified by their service, it is up to school districts to actually hire JROTC instructors.

Once hired, instructors continue receiving military retired pay. The service branch and school district then split the difference to return the instructors' pay back to active duty levels.

For more info go to the Department of Defense's Transportal Web site at <http://www.dodtransportal.org>.

Once there, click on the "Internet Career Links" button and then scroll

down to "Specialized Job Search Links," where links to the four service branches' JROTC program pages are listed.

### Youth Drug Education Program

The Drug Education for Youth program has made its way to Barstow. The first phase of the program, a two-week summer leadership camp is June 18-29.

The year-long, two-phase program focuses on the character, leadership skills and confidence of youth 9-12 years of age, and encourages positive, healthy and drug-free lifestyles.

The first phase leadership camp in June is designed to develop life skills training in peer group leadership, conflict resolution, preemptive prevention tools for an anti-drug and anti-gang attitude, self confidence and physical education.

The second phase is a ten-month program that matches youth with mentors to reinforce the lessons and expand the skills learned during the first phase.

For more information on how to volunteer for the summer leadership camp or the mentor program call the Chaplain's office, 577-6849, or Gunnery Sgt. Bruce Raymond, 577-6364.

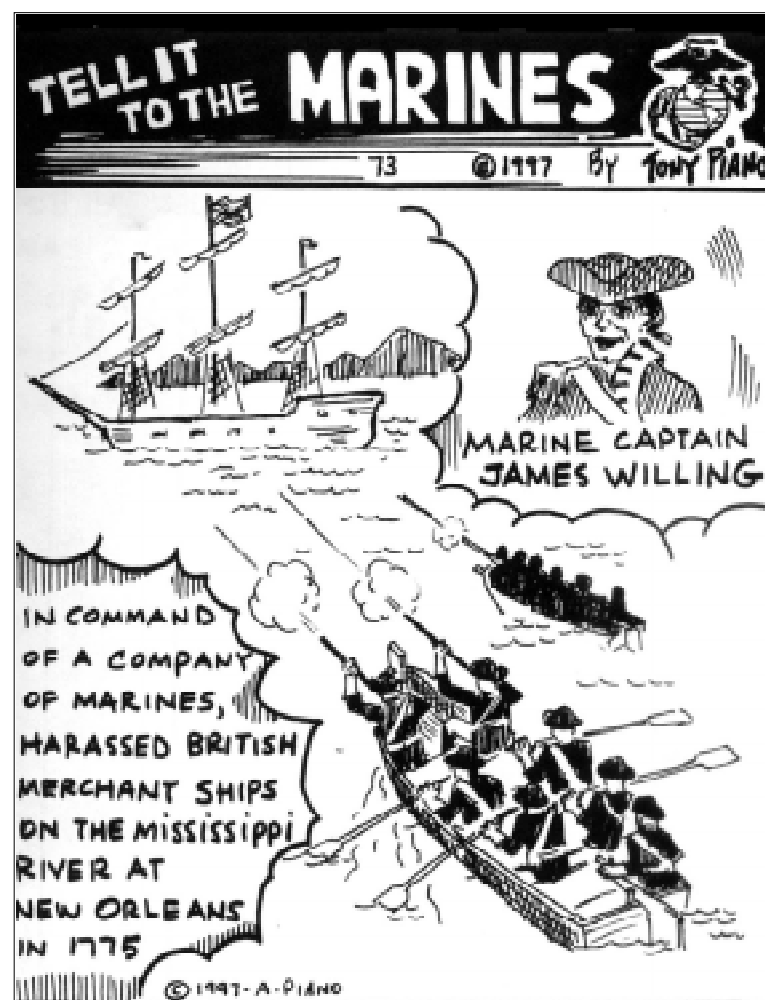
### Route 66 Street Fair

The Barstow Area Chamber of Commerce's Annual Route 66 Street Fair and Market Festival began Tuesday and continues through August 28.

This year's events will be held on Main Street in Old Town Barstow, between Barstow Road and Second Avenue. Festivities run from 6 to 10 p.m. each Tuesday.

Additional themes planned for the street fair include City Night Out, National Night Out, Multicultural Night, '50s Night and Off Road Night.

Anyone interested in being a vendor or assisting with the planning of this summer's community events call Cheryl Beardshear, 255-4834, or the Chamber of Commerce, 256-8617.



### Relay for Life

The American Cancer Society is holding their 3rd annual 24-hour "Relay for Life" from 9 a.m. on June 23 to 9 a.m. on June 24 at Barstow High School's Langworthy Field.

Event proceeds are used in cancer research, education, prevention and patient services.

People interested in volunteering to either help with or participate in the relay call Cindy Ulibarri, 256-0935, or Annette Madero, 256-5691.

### Red Cross Baby Sitter Certification

The American Red Cross Baby-Sitter's Course is being offered to all military and MCLB Barstow civilian family members between the ages of 12 to 18.

The course is offered at the Child Development Center, Bldg. 372, from 8 a.m. to 3:30 p.m. June 12.

The registration fee is \$16, which pays for the American Red Cross Baby-Sitters Guide and Baby-Sitter's Certification Card. The fee must be paid at the time of registration.

Register at the CDC until June 19. For more info call Grace Walls, 577-6049.

### Staff Sergeant Selection Board

The 2001 Staff Sergeant Selection Board convenes July 17 for about nine weeks.

Sergeants meeting the date of rank and – if applicable – the Armed Forces Active Duty Base Date cutoff are considered for promotion.

To be competitive, candidates must have all professional military education complete to include both resident and non-resident courses.

All eligible Marines must submit an official photograph taken within the last six months prior to the board convening date to the board.

Call 577-6146 to make an appointment to get an official photograph made.

For more info call Gunnery Sgt. Hilda B. Goodman at the Base Adjutant's office, 577-6656, or check out MARADMIN 246/01 on the Marine Corps Web site at <http://www.usmc.mil>.

### Immigration/citizenship workshops

The City of Barstow has scheduled an immigration information workshop where questions on immigration, obtaining residency, work permits, family re-unification, citizenship and outreach programs are answered.

There is no charge for this workshop to be held June 16 at 9 a.m. in the City Council Chambers at 220 East Mountain View Street in Barstow.

Area residents will also have the opportunity to start their citizenship paperwork for the Immigration and Naturalization Service with the assistance of BIA-certified agents.

Catholic charities will help applicants process their paperwork and do fingerprints for citizenship at this workshop for a nominal fee. For more info or to register, call City Clerk, JoAnne Cousino, 256-3531 ext. 3253.

## Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-205-01-NR	Family Services Counselor Amendment GS-0101-11 Part-time	05-02-01	06-29-01	06-14-01	MCLB Barstow

Applicants interested in announcements beginning with DEA or OTR should submit their resume to:

**Human Resources Service Center, Southwest**  
ATTN: Code 522 (announcement number)  
525 B Street, Suite 600  
San Diego, CA 92101-4418

For more information concerning public job announcements visit the Self-Service, Bldg. 37, Monday through Friday from 7 a.m. to 3:30 p.m. or call the Human Resources Office, 577-6357.

If you have Internet access, browse to <http://www.usajobs.opm.gov>.

For information regarding Open Continuous Merit Promotion announcements point your browser to <http://www.donhr.navy.mil>.

Entry Form  
(Please Print)  
(Turn in to Base Gym by 20 June)

Name: \_\_\_\_\_

Rank: \_\_\_\_\_

Gender: M F

Shirt Size (circle one) M L XL

Sponsors

Name: \_\_\_\_\_

Shirt Size (circle one) M L XL

**General Release:** In considerations of this entry being accepted and desiring to be legally bound to myself, my heirs, assigns, executors, administrators, etc., I hereby release the sponsors, officials, U.S. Marine Corps, MCLB Barstow, and the United States Government and its agents, and all those associated with this event, of all claims for injuries and damages incurred or arising from my participation.

Signature (participant)

Address

City, State, Zip

Department, phone number

As a sponsor, I hereby will not interfere, or interrupt the participant(s) during any part of the event, which may disqualify them from the event. My participation is solely for assistance. My signature also pertains to the general release stated above.

Signature (Sponsor)

# Desert Challenge

## *Semper Fit provides Marines with a rugged test of intestinal fortitude*

The Desert Challenge was designed to be a test of stamina, marksmanship ability and strength.

With the contest date rapidly approaching, only one question remains ... Who will rise to meet the challenge?

According to Maj. Brian T. Ballard, Headquarters Battalion commanding officer, the Desert Challenge is a demanding undertaking for those who will compete in it.

The BARSTOW LOG got the inside scoop on the Challenge from one of the event's key coordinators: Marisa Klavon, Semper Fit health promotions coordinator.

**What was the inspiration behind the Desert Challenge?**

The inspiration came when Gunnery Sgt. David Wersinger was temporarily assigned to Semper Fit.

Fort Irwin was holding their 3rd Annual Sprint Triathlon, and that's where we basically got the idea. We started training for it, as well as asking others to participate in it so that when we (Semper Fit) sponsored one, 1) they would already be trained, 2) they could pump up others to participate in ours on base. Semper Fit even offered to sponsor any Marine who wanted to participate.

Also, with the swim portion being in a pool, it was pertinent to experience it first hand to see how to run one; one has never been run on this base.

With that in mind, Staff Sgt. Dennis Owen, Capt. Robert Sanchez, Semper Fit Director,

CWO Francis Babeu, his wife, their son Josh, Lea Ann Overton, Lance Cpl. Bryce Catlett, Cpl. Joshua Barnhardt and myself went to Fort Irwin, either to participate, photograph, or gain knowledge on

running a sprint triathlon. We were also inspired by the ECO Challenge, which was being aired around the same time.

See DESERT Page 5

### Desert Challenge Events

Check-in at Family Pool:	6 a.m.
Brief:	6:15 a.m.
First Heat:	6:30 a.m.

#### Divisions

Top three in male and female category\*

#### Course Description

- 200-meter pool swim (separated by heats)
- 4.5-mile run to rifle range in boots and utility trousers
- 10 rounds rifle (300 yard line/60 seconds)
- 10 rounds pistol (15 yard line/60 seconds)
- 4.5-mile run to Sorensen Field
- 15 minute break (weigh-in)
- Bench press:  
(Males: 100 percent/Females:50 percent bodyweight)

#### Scoring

The scoring system will be briefed prior to the event.

*Sponsored by MCCS, Semper Fit*

\*Challenge for active duty Marines only

For more information call Staff Sgt. Dennis Owen, 577-6812.

DESERT from Page 4

**How did the Desert Challenge originate and why were these particular events chosen?**

As with many ideas, there is a basic starting point that expands with input. Many have been involved in the process including Maj. Ballard, Capt. Sanchez, Gunnery Sgt. Wersinger, Staff Sgt. Owen and myself. Maj. Ballard got the shooting idea because he was in an event with that being part of the competition.

The combination of events tests endurance, ability and strength, which allows for an equal playing field.

As far as specifics within each category, there are particulars. For example, 200 meters is a good sprinting swim distance (endurance). The least experienced swimmer can still swim 200 meters within a decent time frame, and the best swimmer can swim it extremely fast.

The run (endurance) distance was a matter of how far is it to the rifle range from the Family Pool and

whether it is realistic?

We measured it at 4.5 miles, which is practical and with the break during the "shoot" the run back would not be as bad as if it were the nine miles all at once.

The shooting and bench press events added an "ooh rah" touch, in addition to covering the ability and strength categories.

**What does Semper Fit hope to have accomplished once the dust settles ?**

The Desert Challenge is something that Marines on this base have been asking for, for a while.

We have a unique base. We're small, and located in an area that doesn't offer very much on the outside compared to other bases that are near metropolitan areas.

Offering events and activities on base provides our base with a sense of community.

A good and solid sense of community enhances quality of life to our Marines, family members, retirees and defense department personnel.

**How does the Desert Challenge tie into Semper Fit's mission?**

Semper Fit's mission is to provide our Marines with an environment that fosters peak performance through programs, activities and health education.

So it is our effort to provide our Marines at MCLB with an activity such as the Desert Challenge that promotes fitness and health as well as readiness in a challenging and motivating manner.

**Are there plans for a 2002 Desert Challenge in the works?**

We would like to make this or other events similar to it, an annual event. We hope to see a high participation rate in one form or another whether it be participating in the event or supporting it.

**How many people are working behind the scenes to make the Desert Challenge a success story?**

So far there are 40-plus support personnel involved. Staff Sgt. Owen and I are the coordinators with guidance from Maj. Ballard.

**VITA from Page 1**

sergeants. They comprised 168 of the returns filed. There were 64 staff sergeants to sergeants major who filed on base also.

There were 23 officers and warrant officers and 55 military retirees who filed here as well.

All of this work was done by the VITA force who worked an average of

50 hours a week.

The people who worked for VITA, did it for free. It was a volunteer service provided to the base.

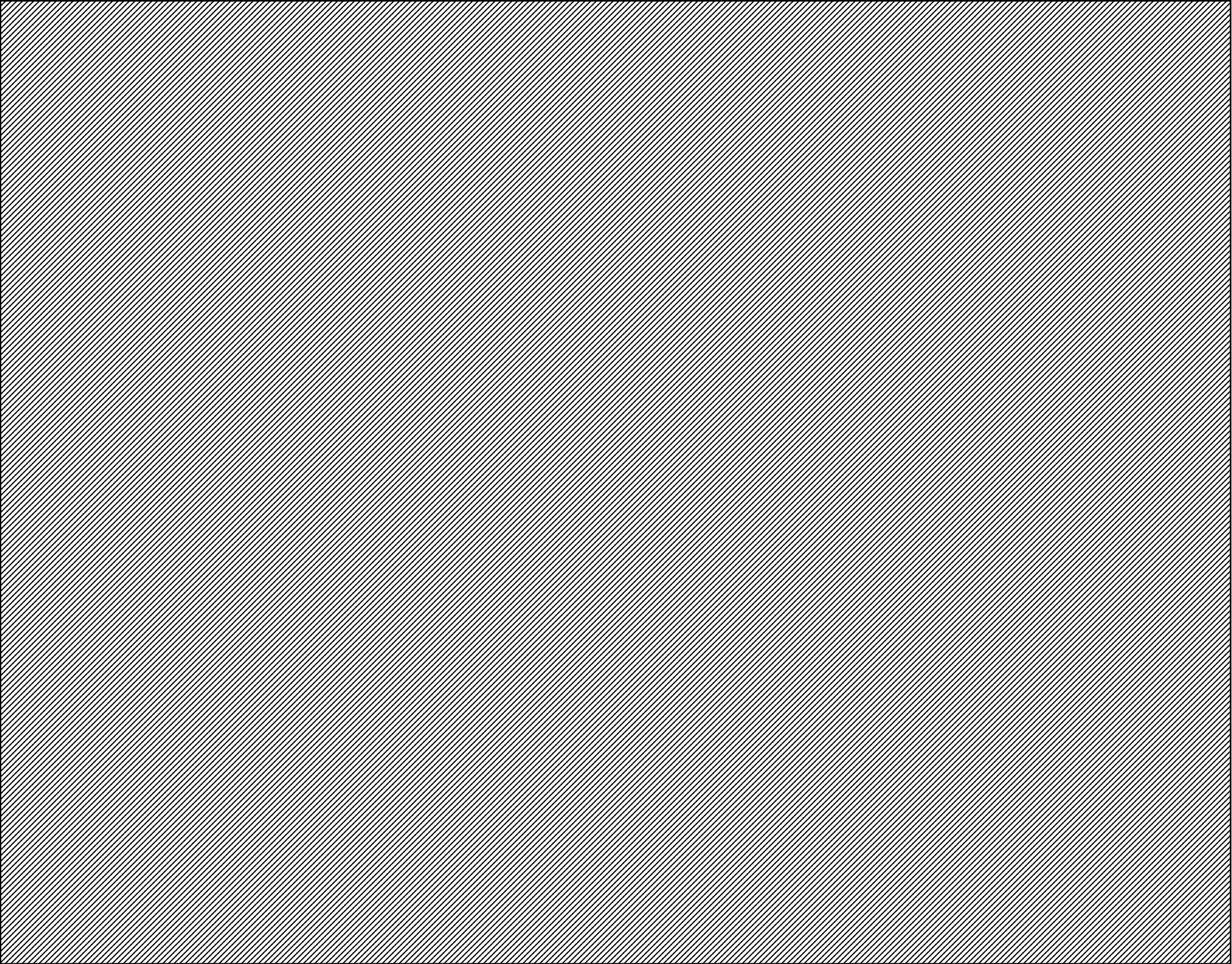
The result of this year's tax season is phenomenal. It greatly exceeded the participation of the past years.

"Participation is becoming more proficient, said Cpl. Patrick Snyder, legal clerk. "It has been an honor serving Marines for the past three years."



Photo by Cpl. Joshua Barnhardt

Colonel Mark A. Costa hands a VITA award to Cpl. Michael Pirozzi. Pirozzi is just one of many VITA volunteers who were honored at the ceremony.





# AROUND THE CORPS

## National Security in the 21st Century

*Maintaining global influence hinges on the United States' ability to consider the role of its armed forces and identify those requirements that will ensure prosperity for future generations of Americans. The nation's ability to defend itself is a prerequisite to maintaining security and prosperity. Achieving the opportunities and promise of tomorrow requires that we commit ourselves to that task today and improve the way we do business with regard to national security.*

By Gen. James L. Jones

Commandant of the Marine Corps

Throughout history there have been rare periods where a single nation-state has achieved global influence similar to that enjoyed by the United States at the dawn of the 21st century.

What is unique about the nature of the power and influence of our nation is the fact that it is, unlike other historical precedents, not one-dimensional (i.e., dependent on military power alone) but multidimensional. This historic phenomenon, finding its origins in the second half of the 20th century, is a rich legacy for all Americans to recognize, appreciate, and nurture. Maintaining our position and the benefits it accrues, however, will continue only if we are committed to the task.

Success in this endeavor hinges on our ability to discern the complex relationship among the elements of our national power, consider the role of our armed forces in proper context, and correctly identify some of the requirements that will ensure prosperity for future generations of Americans.

### Understanding the Environment

Unlike most historical examples, the preeminence of the United States is not tied to aggressive territorial expansion, domination of other people, or the acquisition by force of their resources. In fact, where we have been forced to use our military as a means of last resort to defeat tyranny and oppression, we have by our democratic example shown that a true superpower can only hope to endure if its foundation is diverse and its people understand the relationship of all the "pillars" upon which the very nature of its power rests.

Our national power is comprised of various interrelated elements that are best described by the following pillars: economic strength, technological dominance, cultural influence, democratic principles, diplomatic and political leadership, and the strength of our armed forces. The collective strength of these pillars is reflected, ultimately, in the nation's prosperity and security. However, far too often we fail to appreciate their interdependency, particularly the benefits that a strong military bestows upon the other pillars of national power. Indeed, in using our military power, we have made the world a better place for economies to prosper; democratic values to take root; cultures to expand and interrelate; and science, technology, and the arts to blossom on a scale unimagined 50 years ago.

The lack of awareness of the connection between military strength and the other pillars is understandable when one considers that, historically, our armed forces have been viewed principally as an instrument for national defense. Our military traditions and heritage have long been epitomized by the citizen soldier who, in the form of the minuteman or volunteer, answered the nation's call, contributed to the resolution of the threat or contingency, and promptly returned to civilian life. Though the nation always has possessed and benefited from a nucleus of military professionals, we traditionally have relied on our large population, the strength of our economy

and industrial might, and the protection provided by our geography to ensure our success in war. When it became necessary, our armed forces would expand in size and capability to address the contingency or national emergency. Yet, after nearly every conflict the armed forces were, largely, dismantled.

There were times in our history, however, when prescient leaders saw the benefits of an active global role, and, clearly, our contributions during World War I presented opportunities for our nation to take center stage in world affairs. Yet America's reluctance to play a more assertive role brought about another shift toward isolationism and contributed to the failure of the League of Nations. Many historians consider the terms of the Treaty of Versailles and the lack of American engagement in Europe as the first steps toward a second global conflict.

Even after World War II, the United States was slow to grasp that a world power, even one without territorial ambitions or enemies at its borders, should maintain a strong military in order to fulfill global responsibilities and secure broad security objectives. The national strategy of the late 1940s relied excessively on our nuclear monopoly while again being committed to a massive demobilization of conventional forces. America did not yet appreciate how the strength of the armed forces enhances the other elements of national power while simultaneously contributing to the ultimate goal of security and prosperity.

In Korea, we were rudely awakened by the dire state of our fighting forces in action along the Pusan perimeter and by the difficulty we experienced mustering assets for the decisive landing at Inchon. This revelation came a mere five years after our victory in World War II, when our abundance of military assets allowed for the simultaneous conduct of major amphibious operations.

Our experience in Korea and the exigencies of the Cold War led us to commit increased resources to ensure our survival and that of our friends and allies. Those investments ultimately helped to achieve our victory in that protracted contest and contributed to a secure Europe, the establishment of a vibrant state in South Korea, and the spread of democracy throughout the world.

During the last 10 years, the nation celebrated the end of the Cold War while simultaneously wrestling with the challenges and realities of a changed world. Rather than being able to fully enjoy the much-anticipated peace dividend, however, America has been compelled to employ its armed forces in more frequent, complex and varied operations and contingencies. The crises in Iraq, Somalia, the Balkans and Haiti, as well as many other smaller-scale contingencies, occurred at the same time as dramatically decreased funding and reduced force structure. As a result, our armed forces have struggled to respond to increased demands and have been forced to delay modernization and recapitalization to pay for current readiness. The longer this trend is allowed to continue, the closer we come to what some refer to as the "great defense train wreck."

Reprinted with permission of the Retired Officer's Association magazine.



Efforts to avoid this wreck stem from the realization that the health of our armed forces not only determines our nation's ability to defend itself but also enhances the other pillars of our national power. Consequently, while in the past it may have been appropriate to consider the value of our armed forces exclusively in terms of national defense without also considering the relationship of military readiness to the other elements of national power, to do so in today's world increases the appeal of policy positions that might threaten our security. The nation's capability to defend itself is only one of the prerequisites to maintaining our security and prosperity. Furthermore, considering our armed forces only in the limited context of national defense is myopic because it supposes an offensive adversary. It also fails to give weight to the relationship our military strength has with the other elements of national power in the multidimensional pursuit of security goals that are designed to sustain our prosperity and our security.

A strong military not only helps ensure our defense but also contributes to the efficacy of the other elements of national power. For example, our strong economy underwrites American military power while our armed forces set the global conditions for businesses

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## SECURITY from Page 6

to prosper. The defense industry is a catalyst for nondefense industries that provide a multitude of services and products for civilian application or utility in civilian markets. The manner in which we invest in national security, furthermore, spurs innovation and advancement that contribute greatly to the technological element of national power. Finally, as a maritime nation that conducts more than 90 percent of its trade by sea, our economic health relies on our ability to ensure freedom of the seas. That freedom is guaranteed by our blue water Navy as well as the ability of naval expeditionary forces to conduct forward-presence operations and to project power when required. These actions promote regional stability, consequently allowing businesses to invest globally and take full advantage of new markets.

The armed forces also complement and enhance our political and diplomatic power. Though these contributions often are difficult to quantify, our ability to shape world events, wield influence, and deter aggression is undisputed. The forward presence of our armed forces encourages nonviolent resolution of disputes and provides leverage to American political and diplomatic efforts. Our sheer power, in fact, often compels diplomatic solutions as would-be combatants seek to avoid U.S. military intervention.

The broad contributions of our military to national security are, admittedly, clear in some areas while subtle in others. Returning to the responsibility of providing for the national defense, the armed forces' traditional role remains intact but is pursued in an environment distinguished by new conditions. While we will continue to prepare for war with conventional forces, future conflicts and contingencies, unlike those of the past, will place a greater premium on timely response. The principle of mass supported by the methodical buildup of combat power has, in fact, been replaced by the principles of rapid response, cohesion and precision. Another break from the past is that the protection traditionally afforded by geography is reduced by the ease of global transportation, the proliferation of weapons of mass destruction, and the dramatic increase of asymmetric threats. Thus, we must continue to deter nuclear warfare and explore ways to bolster homeland security.

### The Requirements

As a nation with global interests, security commitments, responsibilities and opportunities, the United States requires the ability to project power for our benefit and for that of our friends and allies. To do so, America's military must be balanced and capable of accomplishing a wide variety of missions stretching across the entire spectrum of operations. Since the requirements of each of these missions include a role for all of the armed

services, we must strive to ensure that we have complementary forces that are proficient at joint operations.

The challenge, of course, is determining the proper level of investment and balance that is required with the many other competing demands on the nation's resources. Last September, the Joint Chiefs of Staff testified before both the Senate and House Armed Services committees on the subject of readiness. Each service chief shared his concerns about today's readiness and the ability of our military to meet future contingencies at current levels of funding. Simply put, unless there is an increase in funding, each of the services soon will experience diminished capabilities.

The handwriting clearly is on the wall: The average age of Air Force aircraft will rise from approximately 21 years to 31 years, and our deficiency in strategic airlift will not be alleviated; the Army's efforts to accomplish the radical transformation it envisions will not be realized; the Navy will experience significant difficulty sustaining the 300-ship fleet needed to support the demands of the national military strategy; and the Marine Corps will continue to rely on legacy systems and delay modernization and recapitalization to pay for current readiness. In addition to the loss of warfighting capabilities, our bases, stations, and training areas will continue to struggle to achieve those quality-of-life improvements required to recruit and retain outstanding personnel.

The continuation of these trends will mean that the nation will be confronted by two choices: Either accept a decline in influence and power, or increase the investment in national security accompanied by true in-depth reform of the way we do business with regard to national security.

### Achieving the Requirements

#### The case for a greater investment in national security.

An examination of our previous investments in the armed forces is illustrative. During the years following World War II, America invested an average of eight percent of the gross domestic product in defense. During the post-Cold War era the average has dropped to 2.9 percent. This decline was precipitated by the belief that the absence of a peer competitor would permit a reduced investment in national security. But we discovered that by exchanging the strategy of containment for one of engagement, we dramatically increased the demands placed on our military. We also have been reminded that we cannot forecast the future with certainty. Versatility and robustness, therefore, remain key attributes of the nation's armed forces.

The Gulf War is a useful illustration of this principle. Our swift victory in Operation Desert Shield/Storm was due directly to the investments made before the end of the Cold War. By preparing for high-end warfare, we

were more than capable of success in an unexpected conflict with a regional power. Confidence in our military also helped to unite many of the world's countries and solidified America's role as the global leader.

An incremental increase of our national security investment is required to prepare our armed forces for the uncertainty of the future. And this investment should be made today for a variety of reasons. The indisputable fact is that our armed forces are maintaining current readiness at the expense of future readiness. A proper investment now allows us to prepare for the future before the emergence of a peer competitor or a modern-day version of Pearl Harbor. Maintaining a robust military also increases the difficulty for rivals who seek military parity to challenge American leadership.

Adequately funding national security is a perennial requirement, regardless of the state of our economy. This is all the more reason to increase our investment today, while we still enjoy an extended period of economic growth and prosperity. Such an investment is analogous to a person who purchases health insurance. Prudence dictates that individuals not stop or reduce premiums because of good present health.

The scope of the necessary increase in our investment is modest when compared to the potential gain. An increase of one-tenth of one percent of the GDP each year for a sustained period will permit the Department of Defense to absorb and spend these resources wisely and enhance our readiness while developing the capabilities required for future contingencies. Americans are entitled to both a wise investment in national security and the comfort of knowing that its benefits will be available when required.

### DoD Reforms and Internal Efficiencies

Spending more money, of course, is not the only requirement. DoD must continue to thoughtfully pursue reforms and internal efficiencies to ensure that we maximize limited resources. Progress has been made in this area as evidenced by the growing reliance on commercial off-the-shelf technology to reduce procurement costs. Procurement savings opportunities also exist in joint acquisition efforts, such as the Joint Strike Fighter, which will result in a reduction in maintenance costs for all the services and also help streamline logistics. We must be willing to make the difficult choices between the benefits of a large number of less expensive, less advanced, but capable platforms as opposed to a limited number of expensive, highly advanced weapon systems and platforms.

Another area ripe for improvement is the Quadrennial Defense Review,

See SECURITY Page 14



# 2001 Stress-Buster

## *Car Show created to remember MCB employee turns seven*

By Sgt. Brian Davidson  
Press Chief

Maintenance Center Barstow employees drove their hobbies to work to take part in the 7th annual Stress-Buster Car Show May 18 at the flagpole in front of Building 573.

"The annual Stress-Buster Car Show was started in June 1995 by Jack Brumit, in memory of Charlie Thomas," declared a sign prominently displayed, propped against the curved chrome bumper of '50-something, maroon Chevy pickup. "Charlie was a former Marine, a Marine Base Employee and a street-rodder/drag racer, but above all Charlie was a friend," the sign continued. "In January 1995, Charlie took his own life, due to stress at home and on the job.

"The reason for the car show is to let people know that they need to have a hobby. To stay busy so as not to have a lot of idle time, which often ends up being spent brooding and stressing out over things that don't even amount to anything..."

"This year's show was the biggest and best that we've had so far," smiled "Dirty" Jack Brumit. "Each year it has grown bigger. The first year we had it, there were 13 entries. Last year we had 36, and this year's entries were almost doubled at 60," he said, tugging at his salt-n-pepper beard.

"When Charlie wound up having to sell his hot rod he turned to the bottle," recalled Brumit. "And started drinking more and more. It all just went down hill from there. That's why I came up with the idea of having this car show - it doesn't have to happen again."

A sense of pride was evident in Brumit's manner as he took in visual survey of this year's car show. Brumit has watched the Stress-Buster Car Show evolve from an idea to a personal resolution and into the success it is today. Still, at the heart of it all remains the purity of his original intent.

"The main thing is that it is a great motivational factor for Maintenance Center Barstow employees," noted Brumit. "Everyone anticipates it."

"It was created to remind people that it is important to combat stress and that is what it's doing," he added, noting, "the command gives the show such good support because

combatting stress is so important."

Colonel Ervin Rivers, MCB commander, who was on hand to present the Commander's Choice award, told attendees the time invested on their automotive hobbies was time well spent. And, that it reminded him of younger days.

Rivers is the first MCB commander to present an award at the car show.

When asked how the time away from the repair lines measured with an afternoon at the car show, Brumit had a simple answer. "Yeah, production might go down a bit because we take time out to participate in the car show, but we fight and get it back up to where it needs to be. Besides, the C.O. knows that we put every ounce of the same care and craftsmanship that goes into

the cars on showcase here into the work that we do on the line."

Bob Poole, winner of the Commander's Choice award for his

restored 1938 Ford 2-door sedan, said he has been surprised at the level of participation in the show every year since the first Stress-Buster car show. "Anyone has to agree, it is a great idea and great outlet. That's why I'm taking part," said Poole.

Though it all began as a car show, motorcycles have managed to grasp their share of the limelight, too.

"I have always liked the sound of loud pipes. Then my father had a Harley [Davidson] motorcycle. He used to say 'loud pipes save lives,'" said Thora Gallegos, who claims to have had a love affair with raked-out

handlebars and roaring chrome pipes since childhood.

"When people get motorcycles they tend to spend a lot of time customizing them, fixing them up and just plain polishing them," she said. "It's really relaxing for them, and it puts them at ease. Having that kind of a release is what everybody needs. It keeps you sane."

Richard Bruce, found his treasure in a pasture. "I paid \$500 for it. When I found her she was rusted, on her axles and home to lots of field rats," said Bruce.

"After six years of work, tinkering and help from a lot of friends she is in cherry condition. I haven't entered any car shows before, and I only entered this one because of what it stands for," noted Bruce.

"It's not really about who has the best looking car; it's about putting your extra time to constructive use. Jack [Brumit] knew Charlie [Thomas] well. They were running buddies; it's like Jack said, you have to have something to devote your time to."

The final lines of the sign say it all, "... everyone's hobby doesn't have to be cars, but please - just find a hobby and stick with it and use it to bust stress!

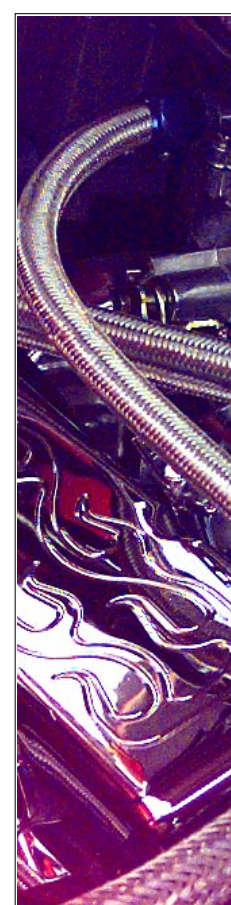
"Enjoy the show!"



John Alley won his first award in the car show for a new category; Best PT Cruiser.



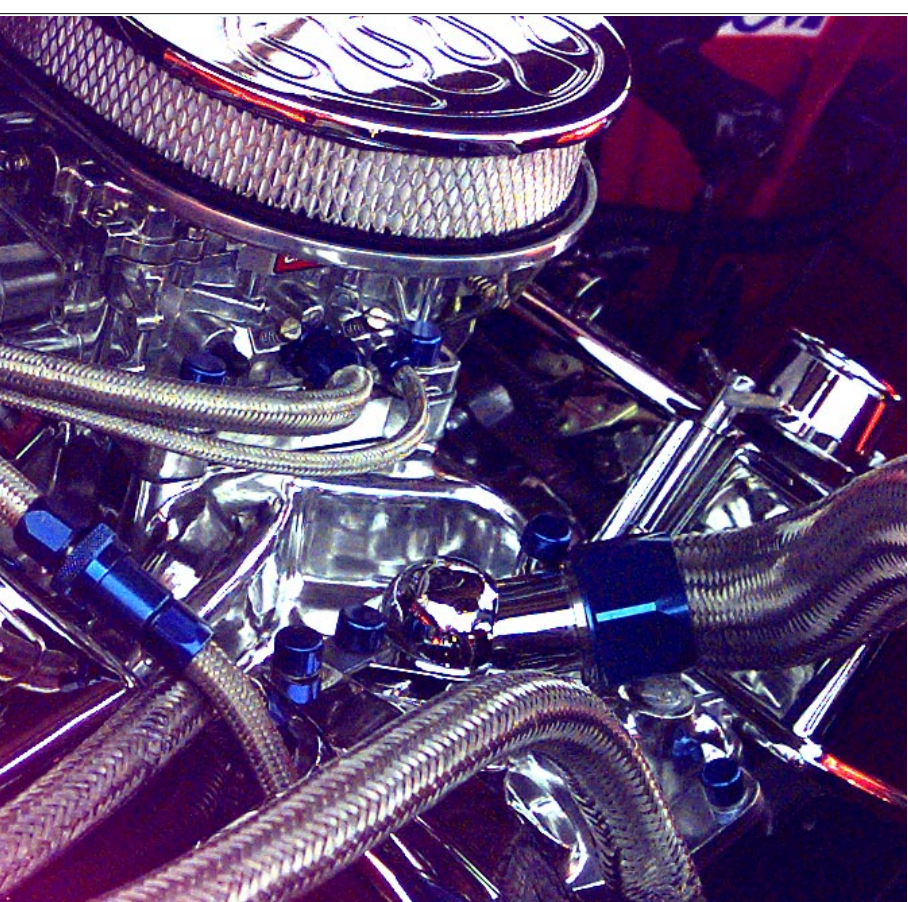
Race car owners displayed trophies from previous outings. Many of the entries have competed in shows, but just as many have not.







Bob Poole presents Richard Bruce with an award for his 1964 Chrysler at the car show as Col. Ervin "Doc" Rivers, MCB commander, and MCB employees applaud.



From overdressed engines (Right) to titanium, eagle-claw motorcycle kickstands (Above), nothing that could be customized was spared. The utmost attention to the smallest details was evident at the car show. Even the stickers had attitude.





By Jim Gaines  
MCCS Publicity

#### Father's Day Sale

The Father's Day Sale is in progress at the Exchange-Super Seven Store. There's still time to pick up that special gift (you still have about a week). Stop by and look over our gift selections for dad. Here's just some of the gift suggestions: Play Station One, Sega Dream Cast, TVs from 13" to 36", Blaupunkt car stereos, and mini stereo systems. The Father's Day Sale runs through June 17.

Other summer bargains for June feature lawn chairs, barbecue grills (gas and charcoal) and drastically reduced prices on men's clothing. These summer buys are featured through the month of June. Also watch for manager's specials all month long.

The Exchange/Super Seven Store is open Mondays-Fridays, 6:30 a.m. to 9 p.m., and Saturdays, Sundays and holidays, 10 a.m. to 6 p.m. Call 256-8974 for details.

The Railhead Exchange at the Yermo Annex is open Mondays-Fridays, 8 a.m. to 3:30 p.m. and closed Saturdays and Sundays. During troop rotation the Railhead Exchange is open Mondays-Fridays, 8

a.m. to 8 p.m., and Saturdays and Sundays, 10 a.m. to 5 p.m. Call 577-7092 for details.

#### Lunch menu

**Today** - Chicken Cordon Bleu.

**Friday** - Catfish and potato salad.

**Monday** - Chicken parmesan.

**Tuesday** - French dip sandwiches.

**Wednesday** - Nebo: salad bar

Yermo: Enchilada casserole.

**Thursday** - Hot wings, potato salad.

Lunch is served: Nebo, 10:30 a.m. to 12:30 p.m. Yermo, 11:30 a.m. to noon. \$3 military, \$4.50 civilians.

#### Family Night menu

**Tonight** - Mongolian barbecue Night.

**Next Thursday** - Hamburger and hot dogs Night.

Family Night dinners served Thursdays 4:30 - 7:30 p.m. \$4.50 adults, \$2.50 children five-11 years, four and 4 are free.

#### MCCS Central Payment Office

The new MCCS Central Payment Office will now accept all your payments for RV parking, TLF and club accounts. This office will also handle all returned checks.

The office is located in the Bowling Center, Bldg. 342. Office hours are Mondays-Fridays, 8 a.m. to 4 p.m. Call 577-6418 for more information.

# *You're cordially invited to* **Father's Day Brunch**

AT THE FAMILY RESTAURANT  
SUNDAY, JUNE 17, 2001 (9 a.m. to 1 p.m.)

## MENU

Omelets cooked to order, scrambled eggs, sausage, ham or bacon, oven-roasted potatoes, steamship round beef carved to order, vegetables, pancakes, french toast, assorted beverages, fruit and desserts.

## ALL WELCOME!

Adults \$6.95, Special for fathers \$3.50, Children five to 12 years \$3.95, children under five years are free. Reservations are requested. Call 577-6418.







# WATER

## Conservation Tips

If all of the planet's water fit into a gallon jug, available fresh water would equal only about a tablespoon.

### Outdoors

A running hose puts out over 10 gallons of water per minute. Use automatic timers and limit lawn watering to actual needs of turf type.

Water during the cooler parts of the day and at night to minimize water evaporation.

Ensure that sprinklers only water grass, not the pavement

Broom sweep sidewalks and driveways instead of hosing them down.

### Indoors

Showers use only a fraction of the water needed to bathe in a tub.

Turn water off while brushing and rinse with a cup.

The average toilet use 5 to 7 gallons of water per flush. Reduce the amount of water used by filling and placing two half-gallon plastic jugs of water inside the toilet tank.

Have plumbing leaks repaired. A leaky faucet that fills a coffee cup in ten minutes will waste an estimated 3,000 gallons of water a year.

Compiled from <http://www.pbs.org/ktch/cadillacdesert/water.html>

Photo illustration by Sgt. Brian Davidson

## WATERING from Page 1

water supply from ground water, but Nebo purchases its water from SCWC.

"We are not getting our water utilities free. Costs really add up to a bundle quickly for the command and the government. It's an absorbent amount of money when you take the base's operating cost into consideration," said Emmons. "Part of our responsibility to the taxpayer is to do our part in saving tax dollars, and that means having to conserve our resources."

Vanhovel agreed, adding, "there are more than enough watering hours to care for the lawns and practice water conservation."

It's not unusual to see lawn sprinklers creating small streams of water that flow through the streets of housing at midday.

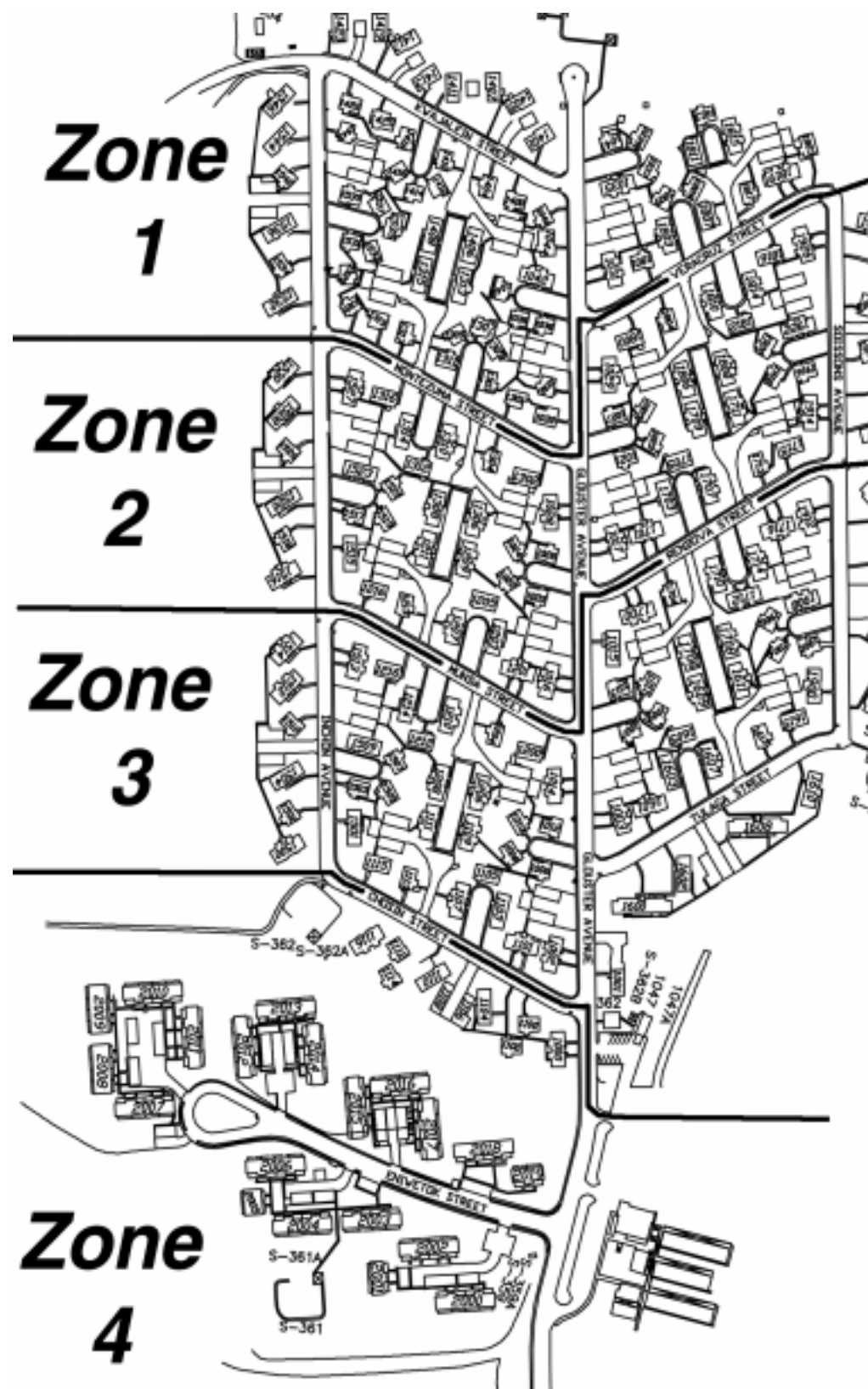
"Watering the grass at high noon, in 110 degree-plus temperatures is not a good idea," stressed Vanhovel. "The water just evaporates. It's a waste."

Besides wasting water, watering your lawn in the heat of the day destroys your grass, said Sergeant 1st Class Paul

Moropoulos, Army National Guard Recruiter and Cape Gloucester resident. "Following allotted times for watering only makes sense. You lose 50 percent of the water to the sun and [the water that] does make it to the ground boils the lawn because of the heat, turning it golden brown."

Other factors like increased temperatures, water consumption by evaporative coolers, and increased water intake by residents and employees to combat the desert heat compound the problem, according to Emmons.

## Watering schedule map



Zones 1 and 3 water on odd-numbered days.  
Zones 2 and 4 water on even-numbered days.  
Watering hours are from 5 p.m. to midnight.

Residents with conflicting schedules may water from 5 to 7 a.m. with approval of Base Housing Manager

# SPORTS

## Bulldogs sweep twin bill at SPORTSPARK

By Cpl. Joshua Barnhardt  
BARSTOW LOG staff

The MCLB Bulldogs easily swept their double-header May 31 at the Barstow SPORTSPARK in the town softball league.

The Bulldogs continued their onslaught of the C Division of the Barstow Softball League with two more wins by slaughter rule.

The first game was played against perennial power Sundance Roofing. Sundance is known for their big offense and solid defense.

MCLB jumped on them early in the bottom of the first inning. Seven singles led to five runs to make the score 5-0.

In the top of the second Sundance came back with two runs of their own to get within three at 5-2.

MCLB was held scoreless for the next two innings. Sundance used the opportunity by scoring two more runs in the top of the fourth inning to make the score 5-4.

That is right about the time the bats woke up for the Bulldogs. With

the outfield playing unusually shallow, Danny Nixon hit a ball that one-hopped the fence for a triple, scoring two runs.

Three batters later, Samuel Rose came up and put one over the right field fence for a two-run home run. Four batters later, with two runners on base, the left-handed Joshua Barnhardt took his turn at bat.

The defense shifted to the right, playing Barnhardt to pull the ball. They shifted so far, the shortstop was playing second base. Barnhardt took a pitch and drove it right down the third base line.

With no fielders even near the third base line, the ball rolled to the fence for a two-RBI double. After all the smoke had cleared, MCLB had scored nine runs on nine hits. Score was 14-4.

Sundance came to bat and eked one more run across the plate in the fifth inning to stay alive for one more inning, barely evading the slaughter rule. They held the Bulldogs scoreless in the bottom of the inning as well.

In the bottom of the sixth, the Bulldogs came up needing to score one more run to end the game by slaughter. Rose and Bryce Catlett each hit singles, setting up Jason Grimes to win the game. Grimes jacked one that went out of the park in a hurry. He rounded the bases for a walk-off, three-run homer, ending the game with the score at 17-5.

In the second game, the Bulldogs continued on their hot streak against the Untouchables. They tallied three runs in the top of the first inning, including a two-run bomb from Catlett, for a 3-0 lead.

In the second, they added six more for good measure, to increase their lead to 9-0. Again in the third inning, they added six. Half of those runs came off another jack from Rose, to make two home runs in two games. The score was now 15-0.

Facing the inevitable slaughter rule, the Untouchables scored three runs in the bottom of the third. After the Bulldogs added six runs in the top of the fourth, the Untouchables once again answered with four

runs, making the score 21-7.

Adding five runs to their total in the top half of the fifth, the Bulldogs let up two runs to make the score 26-9. Having been slaughtered, the Untouchables decided to play on.

The Bulldogs scored four more runs and the Untouchables two, to

end the game at 30-11.

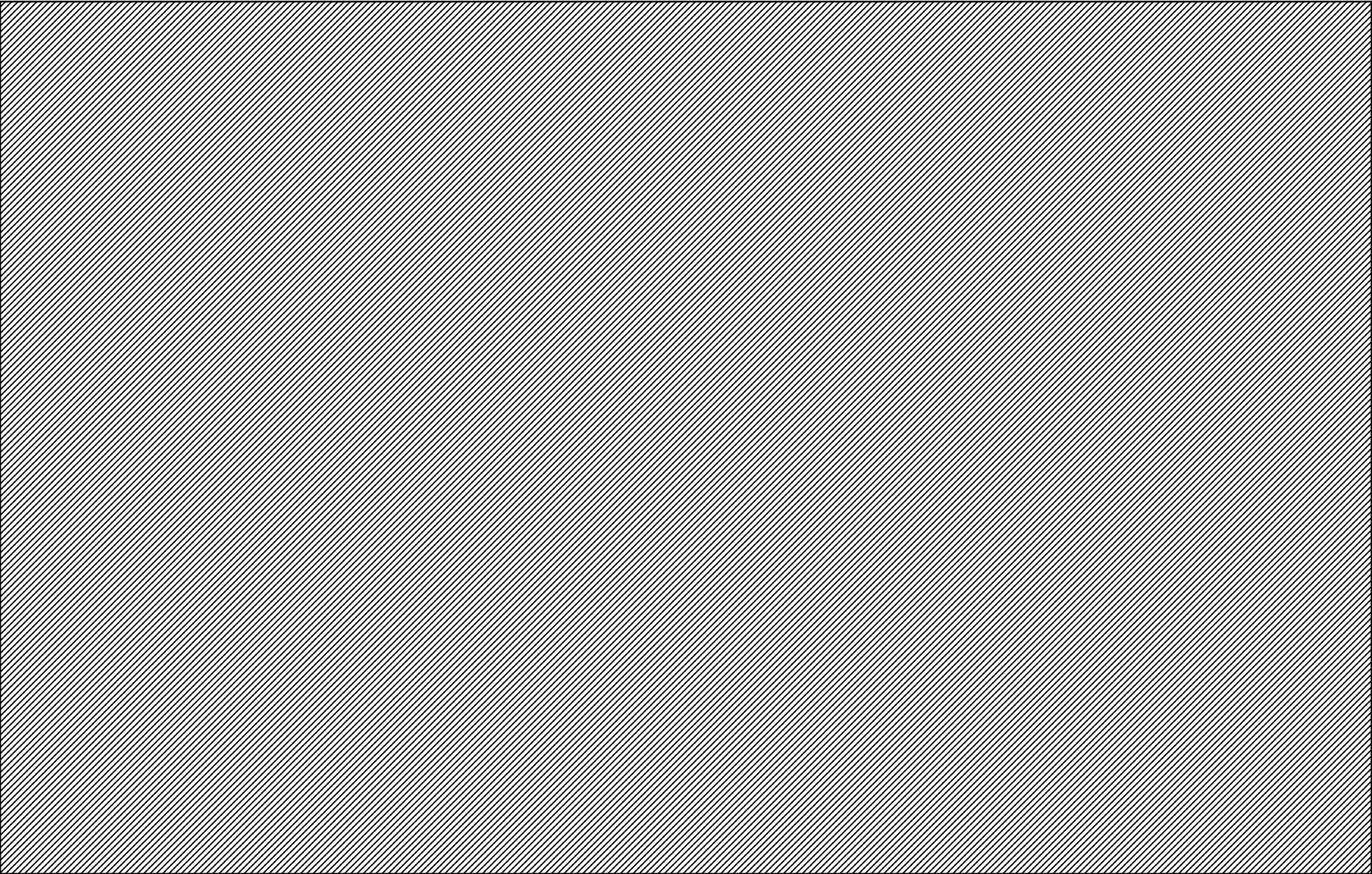
The Bulldogs are now 7-1 on the season, and are tied for first place in the C Division.

On a sadder note, the Bulldogs temporarily lost the services of Grimes due to a shoulder sprain on his throwing arm.



Photo by Pfc. Karah Byrns

Danny Nixon of the MCLB Bulldogs chases after an errant throw in the game against Sundance Roofing.





# SPORTS

## June is Physical Fitness and Sports Month

By Marisa Klavon  
Health Promotion Coordinator

As a Marine, being physically fit not only contributes to the success of combat readiness, it provides many benefits that affect your well being as a whole.

Areas such as strength, endurance, flexibility, body composition, reduction of risk of injury, increased feeling of self efficacy, and even decreased levels of stress are such benefits to being physically fit. These areas, if obtained, can positively affect your life during working hours or at home.

Without a sense of a strong "physical" through means of health and fitness, the concept of mind, body and spirit can become off balance. As much as it is important to supply your minds with knowledge and maintain your responsibilities to your family, community, and the Corps, it is equally important to maintain

your physical being through physical fitness.

Consequently, June has been designated Sports and Physical Fitness month by Headquarters Marine Corps in order to raise awareness regarding the benefits of a healthy lifestyle. Various national health organizations state that approximately 50 percent of all deaths and illnesses in the United States relate directly to unhealthy lifestyle habits. Lack of exercise, poor diet and unmanaged stress are some factors that attribute to this high number.

The MCCS Semper Fit Department is offering these activities during the month of June focusing around this fitness theme.

Health Promotions is sponsoring a class on back injury prevention in mid June. The class discusses preventative measures in regard to back injury, whether acute or chronic in relation to work or everyday activities. The class integrates preventive skills in the form of exercise to help reduce the risk of such injuries. Keep an eye out

for flyers and the local area network for the date and time.

Three activities sponsored by Health Promotions are ongoing throughout the summer at the base gym and both pools.

First, "Lap Swim Your Way to Alcatraz." Alcatraz roundtrip from San Francisco is three miles, so swimming 240 lengths of the pool completes the journey.

Swimming is an excellent way to get in shape. Unlike some high-impact activities that can increase the risk of injuries, swimming is a low-impact activity and relative injury risk free. Use designated times for lap swimming at the Oasis Club Pool or the Family Pool. This activity is open to military, family members and retirees only.

Another activity is "Cycle Across the Southwest." Using the LifeCycle, imagine riding 300 miles from Barstow to San Luis Obispo, or 600 miles to Tombstone, Ariz., or better yet 900 miles to Denver, Colo. Upon completion, competitors receive a water bottle, T-shirt or water-bottle hip pack, respectively.

The cliffhanger of all is "Step up to the 7 Summits" activity. Use the LifeFitness Stair climber to climb a mountain peak from each continent starting with Mt. Cortensz (1,335 floors) and ending with Mt. Everest (2,419 floors). Athletes receive a little history lesson on each summit when they sign up as well as a T-shirt upon completion.

All activities, except the swim activity, are open to active duty, family members, retirees, and defense department personnel. Sign-up dates for all activities continues through June 18. There are time limits on all activities appropriate to beginners as well as the advanced athletes.

The mission of Semper Fit is to offer a variety of programs and activities to active duty, family members, retired service members and DoD employees, which encourage healthier lifestyles.

Join Semper Fit in combating health risks while participating in activities encouraging healthy lifestyles during this month's physical fitness awareness effort as well as throughout the summer. For more information regarding classes or activities call 577-6817.

## SPORTS BRIEFS

### MCLB Golf Tourney

The base is holding another Marine Corps Ball Best Ball Tournament June 8 at the Tees & Trees Golf Course.

Food and drinks will be served after the event which starts at 6 a.m.

### All-Marine Chess Teams

Semper Fit is seeking resumes for the All-Marine Chess Team through July 9.

Six Marines shall be chosen to compete in an interservice chess competition August 17-24 at Fort Myer, Va. The three finishers in that competition will compete in the international military chess tournament in San Remo, Italy, slated for late September to early October.

For more info, call Staff Sgt. Dennis W. Owen, Semper Fit, 577-6899 or read MARADMIN 257/01.

### All-Marine Rugby tryouts

The All-Marine Rugby trial camp is set for September 30 through October 6 at MCLB Albany Ga. The Armed Forces Rugby Championship will be held October 7-13 at Fort Leonard Wood, Mo. Marines who are interested may submit a resume through the Semper Fit Athletic Director, Staff Sgt. Dennis Owen.

### MCLB Soccer seeks players

Once again soccer season is approaching, and the base soccer team needs players to fill the roster. This year the team is competing against teams at MCCDC Twentynine Palms. Practice is Tuesdays, 4-5 p.m. at Sorensen Field. Military and civilian family members are welcome to join.

For more info call Lance Cpl. Edward M. Torresosorio, 577-6408, or Lance Cpl. Eduardo H. Nuno, 577-6475.



Photo by Cpl. Joshua Barnhardt

Major Brian Ballard, Headquarters Battalion commanding officer, handed out awards to the first- and second-place teams in the latest intramural basketball and volleyball season. The award ceremony was held at the Oasis Club May 30. Comm was the basketball champion and the Big Kahunas were the volleyball champion.

**SECURITY from Page 7**

which should be a process driven by the requirements of our national security strategy rather than a competition among the services to obtain budgetary-constrained resources. Furthermore, we must ensure that funding allows us a reasonable expectation to achieve the requirements that the strategy demands. One way to accomplish this is to leverage technological innovation through the allocation of a greater share of resources to research and development.

**Recruiting and Retaining Quality Personnel**

Twenty-five years ago when we established an all-volunteer force, the armed services had to change the way they cared for our men and women in uniform. With the end of conscription, we no longer enjoyed the certainty of maintaining an authorized end strength. On one hand, we were forced to strengthen the enticing aspects of military service while mitigating the less appealing realities of life in uniform. On the other, the move to an all-volunteer force provided the services an opportunity to be more selective and to set higher enlistment standards. Consequently, today's recruits, on average, are better educated and more skilled than their predecessors.

Recruiting and retaining quality personnel for a volunteer force, however, is a challenge, particularly in the face of a vibrant economy and the allure of more profitable civilian employment. As a result, we now more accurately refer to our armed forces as an "all-recruited force." Though adequate pay, benefits, and quality of life enhance our recruiting and retention efforts, they are not the keys to success. Ultimately, it is the intangible benefits of service that inspire citizens

to join and remain in the armed forces.

The military attracts young men and women who seek challenge and responsibility. They join to see the world, to experience adventure, and to contribute to something meaningful while enjoying a sense of belonging and achievement. We should remain mindful of their motivations and ensure they appreciate the value of their service to the nation. We also must celebrate the intangible aspects of military service and remain committed to preserving the culture of our respective services. In addition to being personally and professionally rewarding, military service should, above all else, be an enjoyable experience.

**Readiness in the 21st Century  
Family and quality-of-life issues.**

Military readiness has, in the age of the all-recruited force, taken on new dimensions. The armed forces have experienced a dramatic increase in the number of service members with spouses and children. In the Marine Corps, for example, the number of dependents is nearly equal to those Marines on active duty. More than ever, military readiness hinges on our willingness to focus on the needs of our families and quality-of-life issues.

Family readiness begins on our bases and stations – where we live, work and train. Accordingly, they must offer housing, facilities and services comparable to those found in civilian communities. In addition to our training requirements, health care, childcare and housing, a multitude of other needs must be satisfied. We also must ensure that the necessary demands and inconveniences of the military lifestyle have a minimal effect on our families. As an example, this requires programs and services that range from

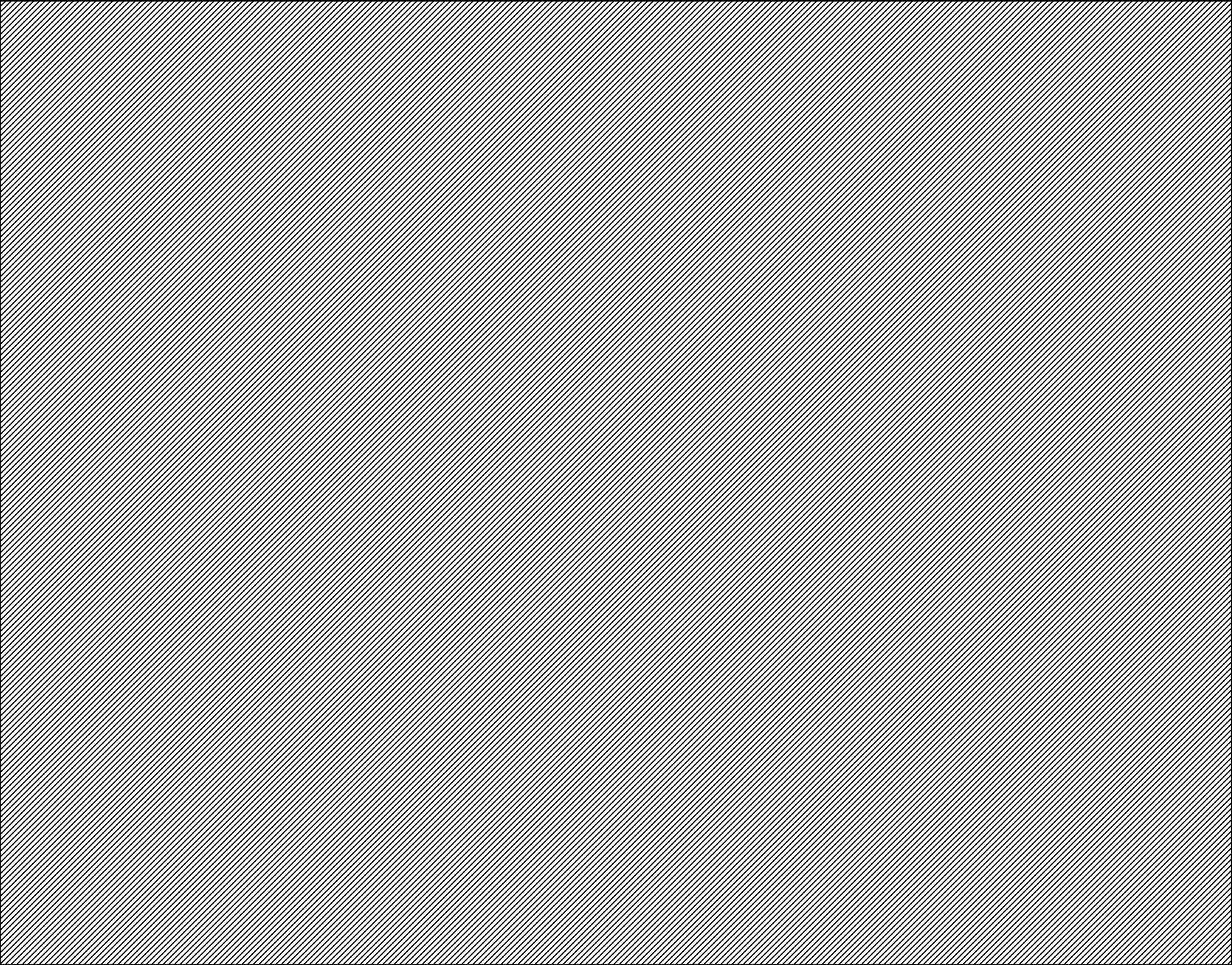
support for families with exceptional members to relocation assistance. We must always keep in mind the relationship between quality of life and retention. If we fail to adequately care for our service members and their families, they will "speak with their feet," and retention will suffer. While they do not expect luxury and affluence, they do rightfully expect that their basic needs will be satisfied. Improving family readiness and quality of life positively influences our retention efforts and directly enhances the operational readiness of our armed forces.

**Lasting Legacy**

As we look to the future, we must be mindful of the legacy we will bestow upon our children. Achieving the opportunities and promise of tomorrow requires that we commit ourselves to that task today and improve the way we do business with regard to national security.

We must understand the pillars of our national power and appreciate their interrelationship. Our armed forces should be considered in the context of their contributions to national security, not just as the means to ensure national defense. A proper level of investment in our armed forces that coincides with reform efforts within DoD that are designed to maximize this investment will produce a significant return – the survival of the all-volunteer force and the maintenance of a sufficient level of military strength that will continue to contribute to the other pillars of our national power that, together, preserve our national security.

We must make this investment today if future generations of Americans are to enjoy a level of prosperity that is equal or superior to that we inherited from our predecessors.





Please submit all Trader Ads to editor@barstow.usmc.mil.

**1995 CAMARO:** Red, V-6, power windows, locks, seat, 103K and a CD player, asking \$8,500, (under blue book), Call 447-3584. Ask for John.

**1994 JEEP GRAND CHEROKEE LAREDO:** V-8, 4X4, power everything, A/C, C/C, tint, tow, roof rack, dark green, runs great, nice interior, CD, infinity speaker and amp, \$7,500, OBO. Call 957-1665.

**1995 PLYMOUTH VOYAGER MINIVAN:** Low miles, P/S, P/B, tilt, cruise, A/C, auto, extra clean, very mechanically sound dark blue ext./ Grey int. asking \$6,995 OBO. Call 252-8666.

**1997 TOYOTA PREVIA MINIVAN:** Supercharged, dual A/C, white, central locks, auto, \$13,000. Owner may consider payments. Call (408) 203-0061.

**1986 BMW:** 325 I, 5 speed, 6 cylinder, sunroof, A/C, AM/FM, cassette,. Power door locks, \$3,700. Call 252-9199.

**1989 CHEVY CAVALIER:** Air, automatic, 4 cyl, nice car, needs engine work, \$700 OBO or trade. Call 252-9199.

**1988 CHEVY CAMARO RS:** Auto, A/C, new flow master system, xlt cond., asking \$4,200. Call 951-0986.

**1968 CHEVY ELCAMINO:** 90% restored, all new trim, clean bumpers, new interior, passive theft system, front disk brakes, all new suspension, custom exhaust, 327, P/S, P/B, A/C stereo, \$4,000 OBO. Call 946-1340.

**1987 NISSAN SENTRA:** Asking \$450 or will sell for parts. Also have other miscellaneous parts for this vehicle. For more information call 252-7627 lv msg.

**1969 DODGE DART:** 360 engine, auto, 2 door, \$2,000. Call 252-9199.

**1985 BUICK PARK AVENUE:** Needs transmission work and other misc. work, runs. \$500 OBO; 1988 Chrysler LeBaron convertible, red, high mileage, runs, \$500 OBO. Both for \$900. Call 256-1914 AWH.

**MOTORCYCLES:** 1985 Suzuki, 1200 Madura, new tires, runs good, \$1,800 OBO. Call 253-7366.

**SERVICES:** ATTN: LADIES, aesthetic body waxing and henna tattoos available right here on MCLB. Great rates, call for your appointment, 252-8666.

**MISCELLANEOUS:** Gem/camper shell off 1984 Chevy El Camino, fits 82-87 El Camino. \$250 OBO 957-1665.

**MISCELLANEOUS:** Schwinn 28mm (23") touring bike, 12 speed, Shimino gears, Exage derailleur, Exage brakes, clipless pedals by "look", size 9 clipless shoes, touring pack, Bell helmet, Areo bar, lights, car bike rack, Cateye Vertra timer/clock, \$200 OBO Call 946-1340

**MISCELLANEOUS:** Water cooler for bottled water works cool, \$50 OBO; glass panel decorative etched glass tampered, 18" x 36", oval with inlaid flower design, only \$30. Call

(408) 203-0061.

**MISCELLANEOUS:** Executive office chair, chrome, stainless and black Italian leather, high-back w/ arms, \$100. Call 253-5926.

**MISCELLANEOUS:** Children's loft bed w/side rails and homework desk underneath, \$200 OBO. Call 256-1914 AWH.

**MISCELLANEOUS:** Kenmore electric dryer with cord, \$65, If interested call 946-1556.

**MISCELLANEOUS:** Kenmore washer and dryer, xlt cond., \$150 for the pair. Call 252-4369.

**MISCELLANEOUS:** Weider Universal weight bench, 200 lbs, weight stations include vertical press, pull down, squats, lat lift and bar dip. \$150 OBO. Call 946-1340.

**MISCELLANEOUS:** Complete set of Wilson XL irons 200 with bag, assorted named driver, 3 wood and putter, \$110. Call 946-1556.

**MISCELLANEOUS:** Pool table, Dynamo Regulation Coin Operated, can be used with or without coins \$300 OBO Call 256-5823 Lv Msg.

**MISCELLANEOUS:** Hot tub, \$1,200 OBO. Call 253-7366.

**LOST AND FOUND:** Found POW/ MIA bracelet out side Barstow Community Hospital in the storage area, no idea how long it has been there, the name engraved on it is SFC Fredrick D. Herrera, USA, 25 May 69, SVN, NM. If you know this POW or his family please call Cory Martin (760) 254-2295 AWH.

**PETS:** AKC German Shepherd, female, black/red, high drive, Covy Tucker/German lines, \$600 OBO. Call 252-7357.

**FREE:** To a good home, 1972 Honda 350 CL motorcycle, complete, good shape, helmet included. 1969 Cadillac Coupe De Ville, all leather, very restorable, complete, straight, needs carb., and throttle linkage. Call 254-1114, lv msg.

**WANTED CARPOOL:** Would like to join established carpool or start new one, Victorville area to Nebo, and 5-4-9 schedule with Friday RDO or 7 a.m.-3:30 p.m. shift. Call 951-2060 and lv msg.

**WANTED:** Queen size waterbed in good cond, (pedestal drawers preferred) Call 256-1914 AWH.

**WANTED:** 360 engine and transmission from a Dodge, Chrysler, Plymouth or Jeep. Call 252-9199.

